

## Agoraphobia Nhs Choices

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### Agoraphobia Nhs Choices

Agoraphobia is a fear of being in situations where escape might be difficult or that help wouldn't be available if things go wrong. Many people assume agoraphobia is simply a fear of open spaces, but it's actually a more complex condition.

### Agoraphobia - NHS

The physical symptoms of agoraphobia can be similar to those of a panic attack and may include: rapid heartbeat. rapid breathing (hyperventilating) feeling hot and sweaty. feeling sick. chest pain. difficulty swallowing (dysphagia) diarrhoea. trembling. dizziness. ringing in the ears (tinnitus)

### Agoraphobia - Symptoms - NHS

take regular exercise- exercise can help relieve stress and tension and improve your mood. have a healthy diet – a poor diet can make the symptoms of panic and anxiety worse. avoid using drugs and alcohol- they may provide short-term relief, but in the long term they can make symptoms worse.

### Agoraphobia - Treatment - NHS

Agoraphobia can be very debilitating and normally people with agoraphobia typically suffer from a ‘cluster’ of phobias. Generally they will find it very difficult or impossible to carry out certain activities, these could be going into crowded or public places, lifts, public transport or simply anywhere away from home where ‘escape’ or immediate access to [...]

### Agoraphobia - NHS Adult Psychological Therapies

Agoraphobia - NHS. Source: NHS website. Read about agoraphobia, a fear of being in situations where escape might be difficult or that help wouldn't be available if things go wrong. More: Information for the Public. Generalised ...

### Agoraphobia | Evidence search | NICE

As with agoraphobia, in extreme cases of social phobia, some people are too afraid to leave their home. It may take some time to overcome a complex phobia but there are several treatment options for phobias available, including talking therapies and self-help techniques.

### Phobias | NHS inform

Agoraphobia is twice as common in women than men and typically affects people between the ages of 18 and 35, most often beginning around age 25. [1,2] A number of factors increase the risk of becoming agoraphobic including previous mental illness, ... Agoraphobia.NHS Choices ...

### Agoraphobia: Signs, Symptoms, Causes, Effects & Treatment ...

Work through a self-help guide for panic that uses cognitive behavioural therapy (CBT).

### Panic self-help guide | NHS inform

Agoraphobia can begin in childhood, but usually starts in the late teen or early adult years — usually before age 35 — but older adults can also develop it. Women are diagnosed with agoraphobia more often than men are. Risk factors for agoraphobia include: Having panic disorder or other phobias

### Agoraphobia - Symptoms and causes - Mayo Clinic

For urgent medical help - use the NHS 111 online service, or call 111 if you're unable to get help online. For life-threatening emergencies - call 999 for an ambulance. If you're advised to go to hospital, it's important to go.

### The NHS website - NHS

Certain antidepressants called selective serotonin reuptake inhibitors (SSRIs), such as fluoxetine (Prozac) and sertraline (Zoloft), are used for the treatment of panic disorder with agoraphobia. Other types of antidepressants may also effectively treat agoraphobia. Anti-anxiety medication.

### Agoraphobia - Diagnosis and treatment - Mayo Clinic

Agoraphobia, type of anxiety disorder characterized by avoidance of situations that induce intense fear and panic. The term is derived from the Greek word agora, meaning “place of assembly,” “open space,” or “marketplace,” and from the English word phobia, meaning “fear.”Many patients with agoraphobia are uncomfortable in unfamiliar places or in crowded or open areas, such as ...

### Agoraphobia | psychology | Britannica

My only experience of agoraphobia was when my father got older, he had a major heart operation and somehow lost his confidence along the way. My mother used to drive him to a local park and he would walk around the cricket pitch, resting on each park bench in turn, gradually extending the distance each time they went.

### agoraphobia: hiii :P any tips with getting... - Weight ...

What is Agoraphobia? Agoraphobia is a rare type of anxiety disorder. If you have it, your fears keep you from getting out into the world. You avoid certain places and situations because you think ...

### Agoraphobia: Symptoms, Causes, and Treatments

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Agoraphobia. Agoraphobia is an anxiety disorder where a person has anxiety about a lot of situations in which they may feel that they lack control. It is commonly known as the “fear of open places” but this is too simplistic an explanation of the concerns. A person fears unsafe or unfamiliar ...

### Agoraphobia - Symptoms, Causes, Diagnosis, Treatments ...

Agoraphobia is an anxiety disorder that can make it hard for people to leave the house due to a fear of open spaces or places where escape is difficult. The condition often develops after panic ...

### Agoraphobia: Symptoms, causes, diagnosis, and outlook

NHS Information on Agoraphobia. Agoraphobia - NHS Choices Find everything you need to know about agoraphobia including causes, symptoms, diagnosis and treatment, with links to other useful resources. What is the Best Therapy for Agoraphobia?